

REFLECTIONS

October 22, 2006

**"Come to me, all you who are weary and
burdened, and I will give you rest.**

Matthew 11:28

Resisting A Rest

When our grandchildren come to see us, I almost always extend an invitation for them to "take a nap with Granddaddy." They are so busy though that none of them ever accepts the invitation. I call it "resisting a rest."

Now, I know that taking a nap with Granddaddy does not hold much appeal, so I understand when they decline my invitation. It is really just a game we play. The idea behind the game is to stir them up because I know full well how they are going to react—after all, they *are* children.

Another idea behind the game is to calm the abundant energy they have. How else can I keep up with them? But there are several other ideas behind my invitation. The first is that everyone needs rest. It is during periods of rest that we grow and restore our strength for what lies ahead. Still another is that I want my grandchildren to feel safe and warm in my commitment to protect them within all of the power given to me. I also want them to feel free from the burdens they carry and to know that they don't face them alone. And I want them to feel my boundless love as I draw them near to me.

Jesus extends an invitation to his children to come find rest in Him. Though it is not a game, I have always linked Jesus' invitation with peace and freedom from activity. I have envisioned rest as an inert state of being, withdrawn from the trials of the world. But I think Jesus has more in mind than that. Rest restores our strength. It readies us to do and be. When God rested on the seventh day, He entered a state of preparation, not retirement.

Also like the invitation to my grandchildren, there is more behind Jesus' invitation than preparation. He offers us a safe and warm place where we are protected by his unlimited power. He offers to carry our burdens as He walks beside us through the trials of life. And He wants us to feel his boundless love as He draws us near to him.

Jesus invites us to find rest in him. His rest is complete. And if his love for us is anything like the love I have for my grandchildren, it is a rest we should never resist.

"You are the light of the world."

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